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The Maine Medicare Education Partnership educates Maine's seniors about potential errors, fraud, waste and abuse in the Medicare and Maine Care (formerly Medicaid) health care systems.

MMEP offers:

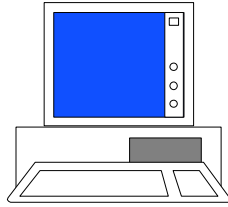
- Speakers for senior groups and organizations
- One-on-one assistance with Medicare and Maine Care statements
- Volunteer opportunities

For further information, contact the local MMEP Coordinator at your local Area Agency on Aging at 1-877-353-3771.

# **PRESCRIPTION DRUG ASSISTANCE**

## **A GUIDE TO PROGRAMS AND BENEFITS**

**JANUARY 2002**



This booklet is also available on the Internet.

Point to:

<http://www.state.me.us/dhs/beas>

Bureau of Elder and Adult Services  
Department of Human Services  
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State of Maine

Angus S. King, Jr.  
Governor

Kevin W. Concannon  
Commissioner  
Department of Human Services

Christine Gianopoulos  
Director  
Bureau of Elder and Adult Services

January 2002

Dear Consumer,

I hope you will find this updated Prescription Drug Assistance guide helpful. The impact of the high cost of prescription drugs is especially significant for Maine seniors, and other Maine residents with moderate incomes and especially so for people who require ongoing medications to treat chronic health conditions. Maine has been leading the nation in finding innovative solutions to this very important challenge.

The Department of Human Services is committed to advocating and supporting policies and programs to represent your needs at the state and federal level. You have my assurance that we will continue to work to give all Mainers better access to affordable prescription medicines.

Sincerely,



Kevin W. Concannon, Commissioner  
Department of Human Services

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## INTRODUCTION

Many seniors and younger adults with disabilities need prescription medication to stay healthy. However, the high cost of these helpful life-saving drugs makes it hard for people, especially those with low or fixed incomes, to afford them.

This booklet is meant to be a guide for elders and adults with disabilities who need help paying for their prescription drugs. In addition to information about programs in Maine, other resources such as consumer buying tips and a Prescription Drug Pricing Survey are included.

If you have questions about health insurance, you can get help from the State Health Insurance Assistance Program (SHIP). This statewide service provides information and assistance for people who have questions about their health insurance. Counselors can help with Medicare, supplemental insurance (Medigap), Medicare Savings Programs, Maine Care and other kinds of health insurance issues. These trained staff will also help with prescription drug assistance application forms and guide you through the application process.

You can talk to a counselor over the phone, at the office, or in your own home. No fees are charged and all information is kept private. An interpreter will be provided if you need one. To get in touch with a counselor, call your local Area Agency on Aging at ELDERS1 (1-877-353-3771) or the Legal Services for the Elderly Hotline at 1-800-750-5353.

The Maine Medicare Education Partnership (MMEP) is also interested in helping you with questions about Medicare and Maine Care. You can learn how to spot and report errors, fraud, waste and abuse in the Medicare and Maine Care system. For more information and volunteer opportunities contact MMEP at 1-877-353-3771.

The Maine Bureau of Elder and Adult Services (BEAS) promotes the highest level of independence for elders and adults with disabilities. If you don't find what you need in this guide, call BEAS at 1-800-262-2232 for assistance.

## CONSUMER BUYING TIPS

When you fill a Prescription, Remember...

- The Healthy Maine Prescriptions program provides eligible Mainers with an average 25% savings off retail prices. Consumers with low income may be eligible for greater savings through the Low Cost Drugs for the Elderly and Disabled (DEL) program. Call your Area Agency on Aging at 1-877-353-3771 for help to apply for prescription drug assistance.
- Always ask about generics.
- Ask your doctor for samples.
- Before you fill your prescription: Tell the pharmacist if you have drug coverage through the Healthy Maine Prescriptions program, Medigap (Medicare supplemental insurance), or other private insurance. Ask the pharmacist: How much it will cost? Does the Low Cost Drugs for the Elderly and Disabled apply? Are there generics? Are there any senior discounts?
- There can be a big difference in the price of medications. It's good to shop around and compare prices at different pharmacies.
- If you "shop around" for the best price, be sure the pharmacist knows all the drugs you are taking, including over-the-counter ones.
- If you find a lower price, talk to your regular pharmacist. They may be willing to match the price offered by another pharmacy.
- It is OK to get less than the full prescription. You may want to see how well the drug works or check for allergic reactions before investing in a large order. Or, you may not be able to afford to buy the whole amount at one time. Ask your physician for a four or five day supply, or tell the pharmacist how much you want. Pharmacists can give you less of the medication than what is requested in the prescription.

## CONSUMER BUYING TIPS

(Continued)

- Ask if there is a less costly way to fill the prescription. Sometimes the cost of a 40 mg, 20 mg, or 10 mg tablet is exactly the same. The pharmacist may be able to help you save by, for example, cutting a 40 mg tablet in half for the consumer who has a 20 mg dose.
- If you are a Veteran, be sure to contact the Veterans Administration to see if you can get your prescriptions through the VA.
- Medicare-eligible military retirees who are enrolled in TRICARE Senior Pharmacy Program will have prescriptions costs covered by the program. However, the patient will be responsible for an annual deductible and cost share.

## MEDICARE AND MAINE CARE

### DOES MEDICARE COVER ANY PRESCRIPTION DRUGS?

Medicare pays for prescription drugs while you are in the hospital. With very few exceptions, Medicare does not cover the cost of prescription drugs outside of the hospital.

Medicare is a health insurance program for people age 65 and older, some people with disabilities under age 65 and people with permanent kidney failure or ALS (Lou Gehrig's Disease). The Centers for Medicare and Medicaid Services (formerly the Health Care Financing Administration) is the federal Medicare agency. If you have questions about Medicare benefits call your local Area Agency on Aging or Legal Services for the Elderly.

## MEDICARE AND MAINE CARE

(Continued)

### WHAT ABOUT MEDICARE SUPPLEMENTAL INSURANCE?

If you have Medicare, you may be able to purchase a private Medicare supplemental insurance policy (also called Medigap) that covers some of the costs of prescription drugs. These policies are more expensive than Medigap policies that do not cover prescription drugs. Whether you should purchase one of the more expensive Medigap plans depends on your ability to pay the monthly premium and the co-payment and the annual cost of your prescription drugs.

Call your local Area Agency on Aging or Legal Services for the Elderly to discuss your Medigap options.

### ARE THERE ANY MEDICARE HMO PLANS IN MAINE?

Beneficiaries who enroll in a Medicare HMO may often have a choice of plans with prescription drug benefits. **At the time of this printing, there is no Medicare HMO plan in Maine.** Because this could change in the

future, you may want to check with your local Area Agency on Aging or Legal Services for the Elderly from time to time to see if this is an available option.

### HOW DO I FIND OUT IF I AM ELIGIBLE FOR MAINE CARE?

Maine Care (formerly Medicaid) helps eligible low-income persons with their medical costs. If you are eligible for Maine Care, your prescription drugs will be covered except for a small co-payment that you pay the pharmacy for each prescription. In 2002, you may be eligible for Maine Care if you are:

- An individual with a gross monthly income under \$813\* and assets under \$2000, or
- A couple with a gross monthly income under \$1,095\* and assets under \$3,000.

*\*Figures are for March 2002.*

*\*\* Beginning January 2002, Maine Care will exclude up to \$8,000 of savings for an individual and \$12,000 for a household of 2 or more, and a 2<sup>nd</sup> vehicle in certain situations.*

Call your local Department of Human Services Regional Office (see pages 41-46) and ask to have an application mailed to you. Your local Area Agency on Aging also has Maine Care applications and can help you fill one out.

If your income and assets are slightly over the limits, it is still a good idea to fill out an application. Even if you are not eligible for full Maine Care benefits, you may be eligible for other types of assistance that can help pay for your Medicare Part B premium and other health care costs. These programs are called **Medicare Savings Programs**. The Eligibility Specialist at the Department of Human Services will help you get any assistance for which you are eligible. You can also call your local Area Agency on Aging or Legal Services for the Elderly to find out more about Maine Care eligibility.

The Department of Human Services has a special program for people who are under 65 and have a disability and are able to work. You may be able to enroll in Maine Care at no cost to you or for a very low premium. If you want more information about this program, call your local Department of Human Services office.

## HEALTHY MAINE PRESCRIPTIONS

The Healthy Maine Prescription Program started in June 2001 and offers two kinds of benefits.

### Healthy Maine Prescription (all members)

The first benefit is an average of 25% savings off retail drug prices. Sometimes the discount will be higher, sometimes lower. Healthy Maine Prescriptions is available to ANY Maine resident whose gross monthly income is under the following amounts:

Family size	Gross Monthly Income
1	\$2214 *
2	\$2985 *
3	\$3756 *

- *Figures are for 2002.*

## HEALTHY MAINE PRESCRIPTIONS

(Continued)

### Other Factors to Consider:

- You don't have to be elderly or disabled.
- You are not eligible if you have full Maine Care benefits.
- The Estate Recovery Law does not apply.
- You will need to reapply each year.
- Assets such as the value of your home and savings do not apply.

Most drugs are covered. Some drugs require prior approval before the prescription can be filled, which your doctor or pharmacist can help you get.

If you are approved for Healthy Maine Prescriptions, you will receive a Healthy Maine Prescriptions Card. To get your savings, show this card to your pharmacist each time you buy prescription drugs.

Applications are available through your local Department of Human Services Office or Area Agency on Aging.

For more information call:

**1-866-796-2463**

## HEALTHY MAINE PRESCRIPTIONS

Maine Low Cost Drugs for the Elderly and Disabled

### Maine Low Cost Drugs for the Elderly and Disabled Program (DEL or Low Cost Drug):

The Low Cost Drug program became part of Healthy Maine Prescriptions to provide eligible persons the best benefit possible. If you are eligible you will be able to get certain prescription drugs at a low cost. You must reapply every year for this program.

### How do I qualify for the Low Cost Drug Program?

To qualify for the Low Cost Drug Program you must:

- a) Be a Maine resident;
- b) Be at least 62 years old, or 19 years old or older and disabled,
- c) Have a household income of less than 185% of the federal poverty level for your household size. (\$1,365/month for one; \$1840/month for in two in 2002).

## HEALTHY MAINE PRESCRIPTIONS

### Maine Low Cost Drugs for the Elderly and Disabled (Continued)

If your household income for 2002 will be less than 90% of your 2001 income and also less than the amounts listed above, write a letter and explain what your 2002 income will be, where that income will be coming from and why your income was less than it was in 2001. Attach the letter to the front of your application.

If you spend 40% or more of your household income on prescription drugs, the income limits are 25% higher.

### What prescription drugs are covered?

The Low Cost Drug Program covers 80% of the cost of **ALL GENERIC** prescription drugs. You pay 20% of the cost or \$2, whichever is greater.

The program also covers 80% of the cost of prescription drugs (generic or brand name) to treat the following conditions; you will pay 20% or \$2, whichever is more.

- Diabetes
- Heart Disease
- High Blood Pressure

- Chronic Lung Disease (including Emphysema and Asthma)
- Arthritis
- Anticoagulation
- Hyperlipidemia (High Cholesterol)
- Incontinence
- Thyroid Disease
- Osteoporosis (Bone Density Loss)
- Parkinson's Disease
- Glaucoma
- Multiple Sclerosis
- ALS (Lou Gehrig's Disease)

You may get a small discount (about 8-10% off the retail price) for other drugs not covered. For these drugs, program participants pay \$2 less than the Maine Care rate, a savings of about 8-10%.

### Catastrophic Spending Limit

If you pay more than \$1,000 out of pocket for prescription drugs in a year, the Low Cost Drug Program will cover 80% of the cost of additional prescriptions for that year. You will pay 20% of the cost or \$2, whichever is greater.

## HEALTHY MAINE PRESCRIPTIONS

### Maine Low Cost Drugs for the Elderly and Disabled (Continued)

If you have another prescription drug coverage plan, you must use that plan's coverage first. Some restrictions apply. For more information, contact the Bureau of Medical Services at 1-800-321-5557.

#### Where can I get help filling out the application?

Contact your local Area Agency on Aging, your local Community Action Program (see pages 31-33), or your town or city office. The Bureau of Elder and Adult Services can provide general information and send you an application.

If you are approved for the Low Cost Drug Program, you will receive a Healthy Maine Prescriptions Card. You will always get the highest discount you are eligible for when you use your card.

#### Who do I contact for more information?

##### Low Cost Drug for the Elderly and Disabled Program

(Toll Free).....1-888-600-2466  
TTY.....207-622-3210

##### Maine Revenue Services

(processes applications and can answer eligibility and financial questions)

Local/Out of State .....207-626-8475  
TTY.....207-287-4477

##### Bureau of Medical Services

(for information about medications covered in the program)

Local/Out of State.....207-287-1818  
Toll Free.....1-800-321-5557  
TTY.....1-800-423-4331 OR 207-287-1828

## **DRUG COMPANY PATIENT ASSISTANCE PROGRAMS**

Many drug companies have special programs to help people who cannot afford the cost of their brand name prescription drugs. If it is hard for you to pay for your drugs, ask your doctor for help to get your drugs directly from the drug companies.

These programs vary and many companies do not cover generic drugs.

### **Who is eligible?**

Anyone can apply for this program; you do not have to be elderly or disabled. Each company has its own requirements. Most companies require that:

- You have no insurance that covers outpatient prescription drugs;
- You do not qualify for a government assistance program for prescription drugs, like Maine Care, and
- Your income must be within certain income limits.

### **How do I apply?**

The application process for each company is different. Usually your doctor completes and sends in the application form.

### **How will I get my medications?**

The drug company will send a supply of the medication to your doctor. Usually it will be a 90-day supply. You will have to pick up the medication at your doctor's office.

### **How long will I be able to get help?**

Most companies do not have time limits and will continue to send you the medications as long as you are eligible for the program. You will need to check with the companies to find out if they have time limits.

### **Who do I contact for more information?**

Talk to your doctor or contact your local Area Agency on Aging for more information about these programs.

## VETERANS BENEFITS

Outpatient pharmacy services are provided free to: (1) veterans receiving medication for treatment of service-connected conditions; (2) veterans rated with 50% or more service-connected disability; and (3) veterans whose annual income does not exceed the maximum VA pension. If you are a veteran, call the Veterans Administration (207-623-8411 ext. 5300). You can also get more information from veterans groups such as the AMVETS, VFW or the American Legion.

Nonservice-connected veterans and veterans with a service-connection rated less than 50% receiving medications on an outpatient basis from VA facilities for the treatment of nonservice-connected ailments are charged \$2 for each 30-day supply.

## CHAMPVA for Life

CHAMPVA for Life (CFL) is a healthcare benefits program for people over the age of 65 who are dependents of veterans, survivors of veterans or survivors of persons who died in the line of duty. CFL covers most healthcare services and supplies that are medically and psychologically necessary. To be eligible for CFL you cannot be eligible for TRICARE/CHAMPUS.

CFL provides an outpatient prescription drug benefit. If you have other insurance that has an outpatient prescription benefit, select any pharmacy and pay for your prescription. CFL will typically pay the co-pay.

If you do not have insurance with an outpatient prescription benefit you have two options:

- Use Meds by Mail program. Prescription medication is mailed to your home and you pay nothing. This program is designed for your maintenance medication needs. Obtain a registration form from their website [www.va.gov/hac](http://www.va.gov/hac)

## VETERANS BENEFITS

(Continued)

- Use a pharmacy that is part of the Medical Matrix Network. You pay your 25% cost share after the deductible is met. To find Medical Matrix pharmacies, go to the Medical Matrix website at [www.medicalmatrix.com](http://www.medicalmatrix.com) or call them at 1-800-880-1377.

For more information and complete eligibility requirements for CFL, contact them at 1-800-733-8387 or [hac.inq@med.va.gov](mailto:hac.inq@med.va.gov) (e-mail).

## MILITARY RETIREE BENEFITS

### TRICARE Senior Pharmacy Program

Military retirees, spouses and some former spouses or survivors are eligible for two programs provided by the Department of Defense.

*TRICARE for Life* and the *TRICARE Senior Pharmacy Program* are open to individuals age 65 and older.

TRICARE for Life will pay after Medicare and pays for Medicare deductibles, copayments and some remaining medical costs.

The Senior Pharmacy Program pays prescription drug benefits for this population. There is no premium charged for this program, but beneficiaries are required to pay varying amounts of deductibles or copayments, depending on where they obtain their medications and whether or not they are generic or brand name.

To be eligible for the Senior Pharmacy Program, you must be a retiree, dependent or survivor who is Medicare eligible. If you turned 65 before April 1, 2001, you are eligible to use the retail and mail order pharmacy benefit without being enrolled in Medicare Part B. If you turned 65 on or after April 1, 2001, you will need to be enrolled in Medicare Part B in order to use the pharmacy benefit.

For more information and complete eligibility requirements for the TRICARE for Life and TRICARE Senior Pharmacy Program, contact Sierra Military Health Services (the Northeast Regional Contractor) toll free at 1-888-999-5195.

## OTHER RESOURCES

### HIV/AIDS DRUG ASSISTANCE PROGRAM (ADAP)

People with HIV/AIDS can get assistance from the State of Maine to get HIV-related medications free of charge. ADAP is a program of the Bureau of Health's HIV/STD Division. To be eligible a person must have a household income of 200% or less of the federal poverty level and meet certain medical requirements.

People with HIV/AIDS who are not able to get all their medications through ADAP should apply directly to the drug companies for their patient assistance programs.

If you are interested in ADAP contact the Maine Bureau of Health at (207) 287-3747. You can also contact one of the HIV/AIDS organizations in the state (see pages 30-31) or contact the AIDS Hotline at 1-800-851-2437.

### FREE CLINICS

Free clinics offer free primary care services to people with a low income or who have no insurance or are under-insured. Each clinic has its own eligibility guidelines and may provide prescription medications. Some clinics do not offer services to people who have Medicare. Call the clinics to find out what services are available and if you are eligible. The three largest clinics are:

Biddeford Free Clinic  
189 Alfred Street  
Biddeford, Maine 04005.....207-282-1138

Ellsworth Free Clinic  
P.O Box 5104  
Ellsworth, Maine 04603.....207-667-7953

Portland Street Clinic  
15 Portland Street  
Portland, Maine 04101.....207-874-8982

## OTHER RESOURCES

(Continued)

### HOSPITAL PROGRAMS

Most hospitals have assistance programs for people who have a low income and no health insurance. Services will either be free or have a copayment under a sliding fee scale. If you need help paying for hospital services or outpatient care, ask if you can fill out an application. You may still have to pay for some services, which are not covered under the program.

If medications are prescribed that you cannot afford, these programs will give you samples, when available, and help you enroll in the patient assistance programs of the drug companies.

### CarePartners

CarePartners is a network of volunteer physicians, hospitals, and other providers (located in the Greater Kennebec County area, Lincoln County and the Greater Portland area) who agree to provide services to CarePartners enrollees for little or no cost.

For more information or to enroll in the Care Partners Program call: 1-877-883-1797.

## COMMUNITY HEALTH CENTERS

Community health centers provide medical services to people on a sliding fee scale. The locations and telephone numbers for these clinics are on pages 34-40. The clinics do not have their own prescription drug program, but they may be able to give you samples of the medication. Most clinics will help you enroll in the patient assistance programs of the drug companies.

### MAIL ORDER COMPANIES

There are private companies that offer discounts on prescription drugs. Some companies have mail order services. Either you or your doctor sends them the prescription. The company will mail the drugs to you at home. You pay a discounted price for the drugs and the shipping charge.

Other companies have discount programs that give you a card to use at participating pharmacies. You have to pay a fee to enroll in these programs. You will get a discount on your prescription medications. For more information contact your local Area Agency on Aging.

## OTHER RESOURCES

(Continued)

### INDIAN HEALTH SERVICES

A wide range of medical, dental, mental health and social services are available to the Penobscot, Passamaquoddy, Maliseet and Micmac peoples. Each group has a clinic where most primary health care services are available. Prescription drugs can also be covered under Indian Health Services programs. However, there are limits to both the medical services and prescription drug coverage. For more information about Indian Health Services in Maine, call the health center for the tribe to which you belong (see page 47).

### HHI/AIDS SERVICE ORGANIZATIONS

AIDS Lodging House  
PO Box 3820  
Portland, Maine 04104.....207-874-1000

The AIDS Project  
615 Congress Street  
PO Box 5305  
Portland, Maine 04101.....207-774-6877

Coastal AIDS Network  
PO Box 956  
Belfast, Maine 04915.....207-338-1427

Dayspring AIDS Support Services  
One Weston Court  
Augusta, Maine 04330.....207-621-6201

Downeast AIDS Network  
114 State Street  
Ellsworth, Maine 04605.....207-667-3505  
Toll Free.....1-800-669-0893

Eastern Maine AIDS Network  
88 Exchange Street  
PO Box 2038  
Bangor, Maine 04401.....207-990-3626

Peabody House  
14 Orchard Street  
Portland, Maine 04102.....207-774-6281

Saint Mary's Regional Health Center  
Campus Avenue  
Lewiston, Maine 04240.....207-777-8507

## AREA AGENCIES ON AGING

### **Aroostook Area Agency on Aging**

*(Aroostook County)*

33 Davis Street, PO Box 1288

Presque Isle, ME 04769 ..... 1-800-439-1789

V/TTY ..... 207-764-3396

### **Eastern Agency on Aging**

*(Hancock, Penobscot, Piscataquis and*

*Washington Counties)*

450 Essex Street

Bangor, ME 04401-9810 ..... 1-800-432-7812

V/TTY ..... 207-941-2865

### **SeniorsPlus**

*(Androscoggin, Franklin and Oxford Counties)*

465 Main Street, PO Box 659

Lewiston, ME 04243 ..... 1-800-427-1241

Local/Out-of-State ..... 207-795-4010

TTY ..... 207-795-7232

### **Senior Spectrum**

*(Knox, Lincoln, Waldo, Somerset, Sagadahoc and  
Kennebec Counties, Brunswick and Harpswell)*

One Weston Court, PO Box 2589

Augusta, ME 04338-2589 ..... 1-800-639-1553

Local ..... 207-622-9212

TTY ..... 1-800-464-8703

### **Southern Maine Agency on Aging**

*(Cumberland and York Counties)*

307 Cumberland Avenue

Portland, ME 04104 ..... 1-800-427-7411

V/TTY ..... 207-775-6503

**All Area Agencies on Aging can be reached  
by calling this toll free number:**

**1-877-ELDERS1**

**(1-877-353-3771)**

## COMMUNITY ACTION PROGRAMS

Some Community Action Programs have staff and volunteers who are trained to help with filling out applications for prescription drug assistance programs. Call or visit the one near you to find out if this service is available.

### **Aroostook County Action Program, Inc.**

444 Main Street, PO Box 1116  
Presque Isle, ME 04769.....207-764-3721  
Toll Free.....1-800-432-7881

### **Coastal Community Action Program**

43 Park Street, PO Box 808  
Rockland, Maine 04841..... 207-596-0361

### **Coastal Economic Development**

39 Andrews Road  
Bath, Maine 04530.....207-442-7963  
Toll Free.....1-800-221-2221

### **Community Concepts**

PO Box 278 (Market Square)  
South Paris, Maine 04281.....207-743-7716  
Toll Free.....1-800-866-5588

**Kennebec Valley Community Action Program**  
101 Water Street, PO Box 1529  
Waterville, Maine 04901.....207-873-2122

219 Cony Road, RR#7, Box 1103  
Augusta, Maine 04330.....207-622-4761

26 Mary Street  
Skowhegan, Maine 04976  
Local/Out-of-State.....207-474-8487  
Toll Free.....1-800-542-8227

### **Penquis Community Action Program**

262 Harlow Street, PO Box 1162  
Bangor, Maine 04401.....207-973-3500

### **Peoples Regional Opportunity Program**

510 Cumberland Avenue  
Portland, Maine 04101.....207-874-1140  
Toll Free.....1-800-698-4959

### **Waldo County Committee for Social Action**

175 High Street, PO Box 130  
Belfast, Maine 04915.....207-338-6809  
Toll Free.....1-800-498-3025

## COMMUNITY ACTION PROGRAMS

(Continued)

### **Washington-Hancock Community Agency**

PO Box 280

Corner of Main and Maple Streets

Milbridge, Maine 04658.....207-546-7544

Toll Free (9-11AM).....1-800-828-7544

### **Western Maine Community Action, Inc.**

Church Street, PO Box 200

East Wilton, Maine 04234.....207-645-3764

### **York County Community Action Corporation**

11 Cottage Street, PO Box 72

Sanford, Maine 04073.....207-324-5762

## COMMUNITY HEALTH CENTERS

### **Aroostook Valley Health Center**

PO Box 130

Ashland, Maine 04732 .....207-435-6341

FAX.....207-435-2003

### **Arthur Jewell Community Health Center**

PO Box 159

Brooks, Maine 04921 .....207-722-3488

FAX.....207-722-3183

### **Belgrade Regional Health Center**

2 School Street

Belgrade Lakes, ME 04918.....207-495-3323

FAX.....207-495-3353

### **Bethel Family Health Center**

PO Box 1367

Bethel, Maine 04217.....207-824-2193

FAX.....207-824-3005

Toll Free.....1-800-287-2292

### **Bingham Area Health Center**

PO Box 746

Bingham, Maine 04920 .....207-672-4187

FAX.....207-672-3641

## COMMUNITY HEALTH CENTERS

(Continued)

### **Bucksport Regional Health Center**

PO Box 447

Bucksport, Maine 04416.....207-469-7371

FAX.....207-469-7306

Toll Free .....1-800-453-3819

### **DFD Russell Medical Center**

180 Church Hill Road

Leeds, Maine 04263.....207-524-3501

FAX.....207-524-2093

### **Donald Walker Health Center**

PO Box 287

Belfast, Maine 04915.....207-589-4509

FAX.....207-589-3104

### **East Grand Health Center**

PO Box 44

Danforth, Maine 04424.....207-448-2347

FAX.....207-448-2313

### **Eastport Health Care**

30 Boynton Street

Eastport, Maine 04631.....207-853-6001

FAX.....207-853-6180

Toll Free.....1-800-219-0061

### **Fish River Rural Health Systems**

Eagle Lake

PO Box 309

Eagle Lake, Maine 04739.....207-444-5384

FAX.....207-444-5520

### **Fish River Rural Health Systems**

194 E. Main Street

Fort Kent, Maine 04743.....207-834-3971

FAX.....207-834-3837

### **Harrington Family Health Center**

PO Box 82

Harrington, Maine 04643.....207-483-4502

FAX.....207-483-4778

### **HealthReach Community Health Center**

PO Box 1568

Waterville, Maine 04903.....207-873-1127

FAX.....207-873-2059

### **Isleboro Health Center**

PO Box 137

Isleboro, Maine 04048.....207-734-2213

FAX.....207-734-8392

## COMMUNITY HEALTH CENTERS

(Continued)

### **Kathadin Valley Health Center**

PO Box 500

Patten, Maine 04765.....207-528-2285

FAX.....207-528-2595

### **Mt. Abram Regional Health Center**

25 Depot Street

Kingfield, Maine 04947.....207-265-4555

FAX.....207-265-5004

### **Lovejoy Health Center**

7 School Street Suite #1

Albion, Maine 04910.....207-437-9388

FAX.....207-437-2557

### **Madison Area Health Center**

PO Box 200

Madison, Maine 04950.....207-696-3992

FAX.....207-696-3974

### **Indian Township**

PO Box 97

Princeton, Maine 04668.....207-796-2322

FAX.....207-796-2422

### **Penobscot Nation Health Department**

5 River Road

Old Town, Maine 04468.....207-827-6101

FAX.....207-827-5022

### **Pleasant Point Health Center**

PO Box 351

Perry, Maine 04667.....207-853-0644

FAX.....207-853-6230

### **Rangeley Region Health Center**

PO Box 569

Rangeley, Maine 04970.....207-864-3303

FAX.....207-864-2969

### **Regional Medical Health Center at Lubec**

RR #2 Box 380

Lubec, Maine 04652.....207-733-5541

FAX.....207-733-2847

### **Richmond Area Health Center**

24 Gardiner Street

Richmond, Maine 04357.....207-737-4359

FAX.....207-737-4412

## COMMUNITY HEALTH CENTERS

(Continued)

### **Rural Health Centers of Maine Migrant Health Program**

188 Whitten Road  
Augusta, Maine 04330.....207-622-9252  
FAX.....207-626-7612

### **Sacopee Valley Health Center**

70 Main Street  
Porter, Maine 04068.....207-625-8126  
FAX.....207-625-7820

### **Sheepscot Valley Health Center**

PO Box 207  
Coopers Mills, Maine 04341.....207-549-7581  
FAX.....207-549-3439

### **St. Croix Regional Family Health Center**

136 Mill Street  
Princeton, Maine 04668.....207-796-5503  
FAX.....207-796-5528

### **Stockton Springs Regional Health Center**

PO Box 309  
Stockton Springs, ME 04981.....207-567-4000  
FAX.....207-567-4084

### **Strong Area Health Center**

PO Box 189  
Strong, Maine 04983.....207-684-4010  
FAX.....207-684-3368

### **Western Maine Family Health**

80 Main Street  
Livermore Falls, ME 04254.....207-897-4345  
FAX.....207-897-2321

## DEPARTMENT OF HUMAN SERVICES (DHS) REGIONAL OFFICES

### Region I

#### **Biddeford**

208 Graham Street  
 Biddeford, Maine 04005.....207-286-2400  
 Toll Free.....1-800-322-1919  
 Local/Out-of-State TT.....207-286-2402  
 Fax.....207-286-2408

#### **Portland**

161 Marginal Way  
 Portland, Maine 04101.....207-822-2000  
 Toll Free.....1-800-482-7520  
 Local/Out-of-State TTY.....207-822-2146  
 FAX.....207-822-2310

#### **Sanford**

890 Main Street #208  
 Sanford, Maine 04073.....207-490-5400  
 Toll Free.....1-800-482-0790  
 Local/Out-of-State TT.....207-490-5466  
 FAX.....207-490-5463

### Region II

#### **Augusta**

*(Call for street addresses and phone numbers for the program you are trying to reach.)*

Augusta, Maine 04333.....207-624-8000  
 Toll Free.....1-800-452-1926  
 Local/Out-of-State TTY.....207-624-8004  
 FAX.....207-624-8074

#### **Farmington**

129 Main Street Suite # 2  
 Farmington, Maine 04938.....207-778-8211  
 Toll Free.....1-800-442-6382  
 Local/Out-of-State TTY.....207-778-8239  
 FAX.....207-778-8210

#### **Lewiston**

200 Main Street  
 Lewiston, Maine 04240.....207-795-4300  
 Toll Free.....1-800-482-7517  
 Local/Out-of-State TTY.....207-795-4595  
 FAX.....207-795-4444

## DHS REGIONAL OFFICES

(Continued)

### **Rockland**

360 Old County Road  
Rockland, Maine 04841.....207-596-4200  
Toll Free.....1-800-432-7802  
Local/Out-of-State TTY.....207-596-4201  
FAX.....207-596-4235

### **Skowhegan**

98 North Avenue, Suite 10  
Skowhegan, Maine 04976.....207-474-4800  
Toll Free.....1-800-452-4602  
Local/Out-of-State TTY.....207-474-4891  
FAX.....207-474-4888

### **South Paris**

243 Main Street, Suite #6  
South Paris, Maine 04281.....207-744-1215  
Toll Free.....1-888-593-9775  
Local/Out-of-State TTY.....207-744-1224  
Fax.....207-743-8798

## Region III

### **Bangor**

396 Griffin Road  
Bangor, Maine 04401.....207-561-4100  
Toll Free.....1-800-432-7825  
Local/Out-of-State TTY.....207-561-4403  
FAX.....207-561-4122

### **Calais**

88A South Street  
Calais, Maine 04619-1108.....207-454-9000  
Toll Free.....1-800-622-1400  
Local/Out-of-State TTY.....207-454-3415  
FAX.....207-454-9012

### **Caribou**

14 Access Highway  
Caribou, Maine 04736-9600.....207-493-4000  
Toll Free.....1-800-432-7366  
Local/Out-of-State TTY.....207-493-4034  
FAX.....207-493-4001

## **DHS REGIONAL OFFICES**

(Continued)

### **Dover-Foxcroft**

125 Summer Street  
Dover-Foxcroft, Maine 04426.....207-564-3444  
Toll Free.....1-800-432-1641  
Local/Out-of-State TTY.....207-564-0052  
FAX.....207-564-0064

### **Ellsworth**

17 Eastward Lane  
Ellsworth, Maine 04605.....207-667-1600  
Toll Free.....1-800-432-7823  
Local/Out-of-State TTY.....207-667-1639  
FAX.....207-667-5364

### **Fort Kent**

92 Market Street  
Fort Kent, Maine 04743.....207-834-7700  
Toll Free.....1-800-432-7340  
Local/Out-of-State TTY.....207-834-7702  
FAX.....207-834-7701

### **Houlton**

11 High Street  
Houlton, Maine 04730.....207-532-5000  
Toll Free.....1-800-432-7338  
Local/Out-of-State TTY.....207-532-5001  
FAX.....207-532-7995

### **Machias**

13 Prescott Drive  
Machias, Maine 04654.....207-255-2000  
Toll Free.....1-800-432-7846  
Local/Out-of-State TTY.....207-255-6866  
FAX.....207-255-2022

## **ELDER AND ADULT SERVICES, BUREAU OF**

Toll Free Nationwide.....1-800-262-2232  
Local.....207-624-5335  
TTY.....207-624-5442 OR 1-888-720-1925

## INDIAN HEALTH SERVICES

### Penobscot Indian Health Services

Local/Out-of-State.....207-827-6101

Toll Free.....1-800-736-6226

Maliseet Health Center.....207-532-2240

Toll Free.....1-800-640-2266

Micmac Health Center.....207-764-6968

Toll Free.....1-800-355-1435

### Pleasant Point Health Center

Local/Out-of-State.....207-853-0711

### Indian Township Health Center

Local/Out-of-State.....207-796-2321

## LEGAL SERVICES FOR THE ELDERLY

Legal Services for the Elderly (LSE) provides free legal services state-wide to people age 60 and older and Health Insurance counseling to all Medicare beneficiaries. They operate **Advocates for Medicare Patients** and provide a hotline staffed by attorneys.

**For more information call:**

**V/TTY 1-800-750-5353**

## VETERANS SERVICES

### Togus Patient Advocate

Veterans Administration Center and Hospital

Augusta, Maine 04330.....207-623-8411

.....(Ext. 5300)

*For more information, call or write:*

### Division of Veterans Services

Camp Keyes

#117 State House Station

Augusta, Maine 04333.....207-626-4464

Toll Free.....1-800-345-0116

## DRUG COMPANIES

**You can ask your doctor, hospital or health center to help you get free medications from the following list of drug companies. Your health care provider can help you contact other manufacturers not listed here.**

3M Pharmaceutical.....	1-800-328-0255
Abbott Laboratories.....	1-800-441-4987
Astra Zenca.....	1-800-355-6044
Aventis Pharmaceuticals.....	1-800-221-4025
Bayer.....	1-800-998-9180
Boehringer Ingelheim.....	1-800-556-8317
Bristol-Myers Squibb - Primary Products Cardiovascular Program.....	1-800-736-0003
Bristol-Myers Squibb - Oncology & HIV .....	1-800-437-0994
Dupont.....	1-800-474-2762

Dura Pharmaceuticals.....	1-888-859-8583
Forest Pharmaceuticals.....	1-800-851-0758
Glaxo Wellcome.....	1-800-722-9294
Lilly Cares.....	1-800-545-5979
Merck & Company.....	1-800-994-2111
Novartis Pharmaceuticals.....	1-800-277-2254
Parke-Davis.....	1-800-223-0432 #4
Pfizer.....	1-800-646-4455
Pharmacia & Upjohn.....	1-800-242-7014 (self-administered drugs)
Roche Labs.....	1-800-285-4484
SmithKline Beecham.....	1-800-546-0420
Takeda Pharmaceuticals.....	1-877-825-3327
Wyeth-Ayerst Laboratories.....	1-800-282-7704

## **OTHER PROGRAMS THAT CAN HELP WITH HEALTH INSURANCE**

### **Savings for Medicare Beneficiaries**

If you have Medicare and if your monthly income is less than \$1,071 for an individual or \$1,443 for a couple, you may be eligible for savings of up to \$650 or more a year. Maine Care may help to pay your Medicare Part B premium, deductibles and coinsurance. For more information call your local Area Agency on Aging at 1-877-353-3771 or Legal Services for the Elderly at 1-800-750-5353.

*Income amounts for the Medicare savings programs are for 2002.*

### **Cub Care**

Children can receive the medical services they need through Maine Care. Covered services include regular check-ups and immunizations, school and sports physicals, prescription drugs, dental care, vision and hearing testing, hospital visits and more. The cost of Maine Care is based on family size and income. There is no cost for some families. Other families will pay a monthly premium ranging from \$5 - \$30.

### **Health Insurance for the Working Disabled**

Maine Care has a program that allows individuals with a disability to earn more and keep Maine Care. In the past, people lost their Maine Care if they earned too much. Now people with disabilities can work and keep Maine Care. Depending on income, there may be a small premium of no more than \$20 per month. For more information, call your local Department of Human Services office.

## UNDERSTANDING YOUR PRESCRIPTIONS

*Adapted from Talking With Your Doctor: A Guide For Older People.* National Institute on Aging/National Institutes of Health. September 2000.

When your doctor writes you a prescription, it is important that you are able to read and understand the directions for taking the medication. Often doctors or pharmacists use abbreviations that may not be familiar. The following are a list of some of these abbreviations and what they mean.

**ea.** -- *each*                      **t.i.d.** -- *three times a day*

**p.o.** -- *by mouth*              **q.i.d.** *four times a day*

**p.r.n.** -- *as needed*              **h.s.** *at bedtime*

**q.d.** -- *every day*              **a.c.** -- *before meals*

**b.i.d.** -- *twice a day*              **p.c.** *after meals*

Remember to ask your doctor or pharmacist if you have questions about your medications or how you should take them.

Some questions to ask include:

- *What are the common side effects for this medication?*
- *What should I do if I miss a dose?*
- *Are there foods, other drugs (including over-the-counter medications), or activities I should avoid while taking this medicine?*
- *Ask your pharmacist what times to take the medication. Should you take it with, before or after meals?*

## FOCUS ON MEDICATIONS: HELPFUL HINTS

*Adapted and reprinted with permission from the Northeast Health Care Quality Foundation (Medicare Peer Review Organization).*

Do you or a family member have trouble seeing, reading or understanding how to take medication? Here are some tips that might help.

- ❑ To start, read the label. It will tell you when and how to take it, how to store it, and what side effects to look for (such as drowsiness).
  - ❑ Keep your medication in its original container, remove the cotton from the top of a pill bottle as it may hold moisture and keep the cap on. The container is made to protect your medicine, but should not be stored near a window or left in a car for long periods of time. Some medications are very sensitive to light, heat and moisture which may cause them to be ineffective.
  - ❑ Keep a list of all your medications with the time of dose and kind of pill. Give copies to your doctors, a family member, also keep a copy in your pocketbook or wallet, and at home.
- ❑ Carry a card in your wallet that lists the names of any medications you are allergic to.
  - ❑ Marking the top of each bottle with a colored dot can help you recognize different medications and/or different times to take medications. Weekly or daily pill planners are also useful.
  - ❑ Shoeboxes are ideal for keeping your pill bottles together in one place. It's an easy way for you to take your medications with you when you go to the doctor.
  - ❑ Because some medicines should not be taken together, make sure all your doctors know about all of your medications, including over-the-counter medications.
  - ❑ Review your medications with your doctor once a year. Check for duplications, proper doses, medications you no longer need, and outdated medications. Flush outdated pills down the toilet.
  - ❑ Don't stop taking a medication for any length of time without consulting your doctor.

## **FOCUS ON MEDICATIONS: HELPFUL HINTS**

(Continued)

- ❑ If the pills look different when you get a refill, ask the pharmacist why. You can help prevent a medication error.
- ❑ Let your doctor know if you have any questions or are having problems with a medication (side effects or allergic reaction) or remembering how or when to take a medication.
- ❑ Don't share your medications or take medications prescribed to others.
- ❑ Never take medications from a package with signs of tampering, damage or imperfections.
- ❑ All medications should be kept out of the reach of children and animals.

## **NOTES**

## PRESCRIPTION DRUG PRICING SURVEY

The Bureau of Elder and Adult Services (BEAS) conducted a statewide retail drug pricing survey. Information was collected to help Maine's older people and adults with disabilities in making decisions about their medication purchases. The survey was sent to all independent and chain-owned retail pharmacies in Maine. Each was asked to send the retail price for the top selling, non-generic drugs for seniors.

If you have questions or would like a copy of the survey contact BEAS at 1-800-262-2232, TTY 1-888-720-1925 or e-mail [webmaster\\_beas@state.me.us](mailto:webmaster_beas@state.me.us). The survey can also be found on the Internet at: [www.state.me.us/dhs/beas](http://www.state.me.us/dhs/beas)

### Do Your Own Survey

On the following pages is a form so you can do your own prescription drug pricing survey for the medications you are taking.

### Tips:

- ❑ Be sure to compare like dosages and quantities.
- ❑ Show the results of your survey to your usual pharmacist. He/she may be able to match a competitor's prices.
- ❑ Consider other services a pharmacy provides such as delivery of medicine to your home.
- ❑ If you decide to shop around for the best price, be sure each pharmacist you buy medicine from knows all the medicine you take, including prescriptions and over the counter ones such as vitamins, Tylenol, etc.

*\*\* By doing this survey, BEAS is not encouraging you to skip among different pharmacies to get the "best" price on a particular drug. It is usually wise for you to purchase all your medications from the same pharmacy. If you do choose to take advantage of a particular cost saving at a different drug store, you are strongly urged to let both pharmacists know the names of all the drugs you are taking.*

## Personal Prescription Drug Pricing Survey

Use this form to do your own survey. Write down the name, strength, and quantity of the medications you are taking. Record how much they cost at the pharmacy you purchased them in column one. Call two other local pharmacies to find out their prices and record those figures in columns 2 and 3.

Drug/Strength/ Quantity	Pharmacy 1: <i>Your Pharmacy</i>
<b>TOTAL</b>	

## EXAMPLE

Drug/Strength/ Quantity	Your Pharmacy	ABC Pharmacy	XYZ Pharmacy
<i>Atenolol 50mg (60)</i>	6.95	11.69	15.28
<i>Coumadin 5mg (30)</i>	27.81	23.72	27.81
<b>TOTAL</b>	<b>\$34.76</b>	<b>\$35.41</b>	<b>\$43.09</b>

Pharmacy 2:	Pharmacy 3:

## INTERNET RESOURCES

Bureau of Elder & Adult Services

[www.state.me.us/dhs/beas](http://www.state.me.us/dhs/beas)

Directory of Patient Assistance Programs

[www.needymeds.com](http://www.needymeds.com)

Pharmaceutical Manufacturers  
Association

[www.phrma.org](http://www.phrma.org)

Legal Services for the Elderly

[www.mainelse.org](http://www.mainelse.org)

Centers for Medicare and Medicaid  
Services

[www.medicare.gov](http://www.medicare.gov)

Maine Department of Human Services

[www.state.me.us/dhs](http://www.state.me.us/dhs)

Veterans Administration

[www.va.gov](http://www.va.gov)

Northeast Region TRICARE Contractor

[www.tricare.osd.mil](http://www.tricare.osd.mil)

CHAMPVA for Life

[www.va.gov/hac](http://www.va.gov/hac)

## NOTES

## NOTES

## ANTI-DISCRIMINATION NOTICE

The Department of Human Services does not discriminate on the basis of disability, race, color, creed, gender, age or national origin in admission to, access to, or operations of its programs, services or activities, or its hiring or employment practices.

207-287-3488  
207-287-4479 TTY

This information is available in alternate formats upon request.

*Funding for the publication was made available through the Administration on Aging, Department of Health and Human Services Grant # 013-10A-6059-012.*